



NOVEMBER
2006

Hollis Brookline High School

► **Some Thoughts from the Principal**

It is hard to believe that we are at the end of the first quarter. As one sports season comes to an end and another begins, the weather gets colder and the days become shorter. Students and teachers are adjusting to a new schedule, everyone is working harder, spending more time in classes and less in study halls. Daily attendance has improved first quarter as absences and tardies are both down from last year. A quick reminder on dismissals, please send in a note with your child for early dismissal. A note, as opposed to a phone call, will allow us to process the request without disrupting the teacher and interrupting instructional time.

This is also the time of year when we receive our tax bills and begin planning our budget for the coming year. I continue to be impressed with what I observe happening in our classrooms on a daily basis. Our enrollment is up by over 50 students this year as we have a large freshman class and 29 new students moved into the district over the summer. One of the benefits of becoming a larger school is that we can offer a richer curriculum and schedule classes and resources more efficiently but the downside is that we find space is at a premium. The space crunch in the cafeteria remains a concern as we have converted the "senior lounge" which was used for lunches last year back into badly needed instructional space. The new schedule has provided students with an extra 5 minutes for their lunch and there has been no problem with serving the students each day but finding a seat is tight. We have been lucky thus far this year with unseasonably warm weather allowing students to eat outdoors. However this practice will not continue when we head into the colder months. Cafeteria seating will be tight; however our main concern is with instructional space with 97% of our regular classrooms scheduled throughout the day.

We are proud of some of our recent student accomplishments. Two of our students, senior Trevor Buteau and sophomore Shae Peebles were accepted into the NH Music Educator's Jazz All State Choir. This honor places them among the top male vocalists in the state. Our math team finished in 10th place out of 84 schools, and at the top for all schools representing NH at the WPI Invitational Math meet held recently in Worcester, MA. **Hollis Brookline was the top school from New Hampshire.**

By the time this newsletter arrives, our juniors will have completed the NECAP testing program. This statewide program replaced the NHEIAP test that was traditionally administered to sophomores in the spring. The ASVAB test, a military placement program, will also be administered on December 12th to juniors on a voluntary basis.

Our seniors are busy completing college applications as deadlines are quickly approaching. College representatives have been visiting our school weekly since September. Please remember that since the guidance department is coordinating the delivery all application materials their deadline is a few weeks earlier than the one posted by the college.

(Continued on page 2)

► **A Message from the PTSA**

Greetings! We would like to take this opportunity to let you know of a wonderful honor that was bestowed upon the Hollis Brookline PTSA by the NH State PTA. We were awarded the President's Award for our outstanding Parent Enrichment Series. This is the first time the Award has been given. We did not apply for this award, the State PTA heard about the wonderful topics and speakers and called to ask us to attend the awards dinner on Friday evening, November 4th to receive the award. This program would not have been possible without the hard work of Pat Marquette. We are very proud of Pat for all the work that she does for the school community. Congratulations Pat on a job well done!

One other piece of business that we feel it is necessary to clarify this month came to our attention from a parent. A parent passed on to us that a group of parents were opposed to joining the PTSA for fear that they would start being asked to participate in activities. We would like to clarify that this is not the case. Your name does not go on any of our volunteer lists unless you put it there yourself. We do not generate volunteer lists from our membership list. A volunteer sheet is sent to homes and then returned to the school. Our volunteer coordinator who this year is Erin Magee, then generates lists for the different chairs of specific events from those forms. We encourage everyone to support the PTSA by joining. It cost only \$5 per member and there are some benefits such as 5% discount at Barnes and Noble on-line. Thank you to all of you who have joined and please join us for our next PTSA meeting on Thursday, December 7th at 7:00 p.m. Please note that this meeting has been changed from the second Thursday of the month to the first to accommodate those parents who wish to attend the Winter Concert. The meeting will be held at Jean Filer's home and not at the high school by way of celebrating the holidays. Please contact Lex or Trish for more information.

Hope to see you on the 7th and please consider becoming a member.

Lex Bundschuh UNOFAM@aol.com 465-3142

Trish MacDonald trish_macdonald@charter.net 465-2898

▶ Jack Agati Speaks on Preparing your Teens to Leave the Nest, Nov. 16

Is the nest too comfortable? Are they ready to leave? How do we, as parents, motivate our teen, make them financially responsible, and let go without them feeling like we are abandoning them. How do we teach children responsibility for their decisions and behaviors? Can we avoid raising a generation of “house guests” in our homes and schools and hopefully guard against becoming a society of non-responsibility? You will find it not only informative but also humorous. Jack Agati, Encouraging Concepts, will be presenting this workshop sponsored by Hollis Brookline PTSA S-Team. The workshop is free and open to anyone in the community. It will be held Thursday, November 16th, at 7 p.m. at the Hollis Brookline High School. For more information you may contact Pat Marquette at 673-1957.



▶ Parent Educational Series 2006-2007

Nov. 16th – **How to Motivate Your Teen, Become Financially Responsible, and Letting Go**

Jack Agati , Encouraging Concepts

Dec. 6th - **Teen Relationships**

Melissa Matthews, Bridges

Jan. 17th (snowdate Jan. 24th) – **Stress Management**

Ben Garber

Feb. 21st – **504's/ IEPs/ Special Education**

Mariellen MacKay, NH Connections

Apr. 4th – **How to Choose a College / Alternative Career Development**

Scott Power, NH Education Assistance Foundation

▶ The Ins and Outs in Teen Relationships, Dec. 6

How do you know when your teen's relationship with his or her boyfriend or girlfriend is healthy? When it turns into something controlling and negative, how can we help our teens identify this, get out of the relationship, and/or maintain a sense of self? What signs should you look for? How do you support your child in making healthy decisions once they are old enough to take control of their lives? Find out the answer to these questions and many others as Melissa Matthews from Bridges: Domestic & Sexual Violence Support presents this workshop sponsored by Hollis Brookline PTSA S-Team. The workshop is free and open to anyone in the community. It will be held Wednesday, December 6th at 7 p.m. at the Hollis Brookline High School. For more information about the presentation you may contact Pat Marquette at 673-1957. Or, if you are concerned about your teen's relationship and need information or support immediately, you may call Bridges: Domestic & Sexual Violence Support's 24 hour support line: 883-3044.

▶ Some Thoughts from the Principal *(continued from page 1)*

Other upcoming events at Hollis Brookline High School include:

- Parent Conferences – Evening of November 21st and morning of November 22nd. Call or email your child's teacher directly to schedule an appointment.
- Early Release – December 6th, Students will be dismissed at 12:04pm
- Winter Music Concert – December 14th
- Speech Contest for grade 9 and 10 students – December 20th

In closing, on behalf of the staff of Hollis Brookline High School, I would thank the residents of both communities for their continued support in our mission to inspire lifelong learning and achievement.

Timothy Kelley, Principal

▶ Attention please!

Mr. Quinn wants your used ink cartridges.

Through the magic of technology, he's able to turn them into money which works towards improving the technology in the building. Just leave them in the office and he'll take care of the rest!



► What's New in Career Services?

A major goal in Career Services is to encourage and assist students in the process of workplace learning activities through career events, job shadowing and internships. Students participating in real world learning experiences have an opportunity to explore their career interests through active participation in a work environment. Students also experience the connection between knowledge obtained in school and skills necessary in the workplace. They recognize and develop skills and responsibility for thriving in the workplace. Through planned activities and learning objectives, interns begin their career planning for the future and earn academic credit.

Resume building, dress for success, master the interview and networking skills are other services available to all students. If students would like to start exploring career options please visit Mrs. Demarest in the Guidance Department.

To continue to expand the opportunities for students interested in real world experiences we need your help. If you would like to mentor an intern please or know of someone considering this please contact Mrs. Demarest, by phone at 465-2269 ext. 129 or email at demarests@sau41.k12.nh.us

Look for a list of internship and job shadowing opportunities available in future issues

► Ice Hockey coming to HBHS

Are you ready for some hockey? This past summer the Cooperative School Board approved the formation of an ice hockey team at HBHS. The team will be skating out of the new Hudson Ice Rink and home games will be on Saturday evenings. Their first practice/tryout will be November 20th.

One of the major obstacles this team faces is a financial one. Due to budget constraints, the Coop school board did not fund the team. A subcommittee under the HBHS Athletic Booster Club has been formed whose sole purpose is to raise the funds needed to sustain a hockey team, roughly \$20,000 per year. Thus far, the committee has raised the funds to support the team for this coming season. They are now hard at work raising the funds for next year. This committee meets the first Wednesday of the month at 7pm in the office conference room and welcomes anyone wishing to help.

The team will be selling Cavalier pins for \$5.00 per pin and HBHS hockey long sleeve T-shirts for \$15.00. Please show your support for the team by purchasing these items. Until a team is selected, you may purchase these items by contacting Maggie Kerkhoff at www.kerknh5@charter.net or Colleen Clark at www.colleenclark@charter.net.

► Come Out and Support the Field Hockey Team

The Cavalier field hockey team will be at Barnes and Noble in Nashua on Sunday, November 26, 2006 from 12:00-6:00pm, on Saturday, December 9, 2006 from 4:00-10:00pm, and on Sunday, December 10, 2006 from 12:00-6:00pm to do holiday gift wrapping. Please come and support the team by doing your holiday shopping on these dates and getting your purchases wrapped by the team to help them raise money to participate in a national field hockey tournament in February.

► Selective Service Registration

The Selective Service System is an independent agency within the Executive Branch of the Federal Government. The mission of the Selective Service System is to provide the number of men needed by the Armed Forces, within the time required, should Congress and the President decide to return to a draft, in the event of a national emergency. Registration is the process of providing the Selective Service with name, address, phone number, and other related information about one's self. It is a civic and legal responsibility for every young man to register with the Selective Service within the time period starting 30 days before, and ending 30 days after, their 18th birthday. Register on-line at www.sss.gov or pick up a registration card at any post office. If you have any questions, please see Mr. Winslow in Guidance.



The Cavalier Chronicle

The Cavalier Chronicle, the HBHS student newspaper, is published the third Friday of every month. Be sure to ask your kids to bring their copy home to share with you. We welcome parent input for story ideas by the first of every month (perhaps your teen is doing something newsworthy outside of school but is too shy to let us know). Additionally, business owners are encouraged to advertise with us. Please e-mail your mailing address, and we'll send you a packet with pricing, sizes, and publication schedule. Contact Lin Illingworth at illingworthl@sau41.k12.nh.us or Linda Marquis at marquisl@sau41.k12.nh.us or call 465-2269 for more information.

Guidance News



Note from the Director

It is hard to believe the holidays are upon us. I am continually awed by how fast school years go by. Often we hear statements like "by Christmas..." or "I'll want to lose weight by the holidays..." or "this year I'm getting all my shopping done by..." and then here we are – it's the holidays!! It is amazing that the students are well into the second quarter of school and will be facing midterms in no time. It has been a busy and productive fall in the Guidance Office. We have met with our ninth grade students introducing them to Hollis Brookline High School and the services offered in the Guidance Office, we are continuing our work the 10th and 11th grades around college testing, course selections and careers, but of course the big push for all Guidance departments in the fall is college admissions. This has kept all of the counselors and our wonderful staff and faculty hopping! We have sent out over 500 mailings to colleges and universities and there is no slow down in sight. College admission deadlines keep creeping up earlier and earlier every year causing more stress and concern for students, families and counselors. I have been recently asked to be a member of a regional committee that is made up of college admission professionals and some school counselors. The committee's task is to look at the latest trends in college admission and investigate the cause and the effects such trends have on students, families and schools. I am looking forward to this work and will bring up concerns that face our seniors in the admission process – most notable the early deadline dates. I will keep you posted!

Although the college admission process is overwhelming we are thrilled students are active in the process and taking advantage of the support and expertise of the guidance staff. Although students are applying to a record number of colleges we feel strongly that students should follow the advice of their counselor and their parents in formulating a balanced list of schools that may be a reach, a comfort and a back-up. The resources available to students are the college admission offices and the counselors; they do this everyday and will get the correct information to the student. These resources will come in particularly handy when over the holidays Uncle Bob or Auntie Sue tell the story of a friend's-nephew's-daughter who didn't get in to her first choice because... or the classic "when I applied to college..." Know that the holidays can be exceptionally difficult for seniors and juniors starting the process, as they have to face relatives and friends who want to continually talk about the "college thing" and all the questions and stories surrounding college admissions. Seniors are nervous and unsure at this time and the constant

discussion about it can be overwhelming. Do not be surprised if they refuse to talk about this topic.

Patience, understanding and a cleansing breath all help but if not, please know that the counselors are here to help all students. Feel free to e-mail, call or stop by if there is something to that we can help with.

Have a wonderful and safe holiday and a happy New Year!

Communication

Please be sure to check our website and read the daily notices (www.hbhs.k12.nh.us) for all new information. We try to update both these sources of information on a weekly and sometimes daily basis. Our new and improved Guidance section of the website (thanks to Mr. Boucher) has all the current information on scholarships, financial aid, college admission, guidance and career information, testing along with the counselor contact information

Senior News: Any senior who has not met with his or her counselor to discuss post-secondary plans is encouraged to set up a meeting as soon as possible. Parents are always welcome to come with their senior or to call and arrange a meeting. Deadlines are approaching fast so please make a counselor appointment soon. The counselors are planning to have all requested materials sent to colleges before the holiday break. If you do not get it to your counselor by the first week of December there is no guarantee information will be sent to the colleges before the vacation break. If there are any questions contact the counselors.

Financial Aid Night

Our annual financial aid night will be December 13th at 7 pm in rooms 221 and 222. Our featured speaker is Jim Slattery, Chief Educational Manager at the College Board. All parents and students are invited to attend.

Receipts for Information Sent

When information has been sent to a college each student will receive a receipt stating what was sent to a college and the date it was mailed. Students should stop by the Guidance Office to pick up their receipts so that they know exactly what was sent to colleges and when. Please keep these for your records. Receipts can be picked up in the Guidance Office but will only be given to the student if they have paid the \$3.00 per school postage fee.

Other College Admission Information

Make copies!!! Given the volume of paper and electronic information colleges are receiving at this time of year it is very important to have either electronically or paper copies of all the information you have sent to colleges. Colleges often misfile and/or lose information due to the amount of information that they receive.

Please be sure to check our website and read the daily notices (www.hbhs.k12.nh.us) for all new information. We try to update both these sources of information on a weekly and sometimes daily basis.

Colleges tend to send out cards, letters or e-mails stating they have not received the information from the high school. *Before* panic sets in please be aware of the following explanation. Because students send their applications directly to colleges and universities, there is often a lag time between the arrival of the high school information and the application. There are instances when the high school information arrives in the admission office before the application and visa versa. When a college receives an application they typically look to see what information has come with the application and check that off. Any other information that is not with the application will be requested –*whether it is already in the admission office or not!* This is confusing for the applicant especially if they have requested the information to be sent to the college more than a month before. Again, do not panic – usually the information is in a file at the college or university and they have not matched it up with the application yet. When you receive a notice of this sort please call the college and ask them to look for the information telling them when it was sent from the high school (based on the receipt – that is why it is so important for students to pick up their receipts). More often than not they have the information somewhere in the admission office. We very rarely get information sent back to us so there is a good chance it is at the college. This year we have been sending out cards along with the transcript that requires the colleges to sign off on receiving the admission packet we send from HBHS. We have been getting them back fast and furiously so if there is a question after checking with the college admission office please check with your counselor. This situation can be very unnerving and causes a high degree of anxiety but is easily rectified by calling the college. Colleges will not disadvantage a student because information is misfiled. This is why copies can come in very handy when information is lost.

Seniors, keep in mind deadlines are coming and going rapidly. UNH has a February 1st deadline for admission, Therefore your pink *Supporting Documentation Form* needs to be to your counselor by January 8th. Many other schools operate under rolling admission and are still accepting applications through the winter and early spring. Be aware that the earlier you get your application in the better chance you have to receive financial aid and on campus housing.

Early Decision and Early Action Decisions will be coming out in late December and early January. Congratulations to those students who have been accepted to colleges early! Students whose early decision or early action admission decisions have been deferred still have an opportunity to be accepted to the college and should see their counselor to determine what information they may want to send to enhance their application.

Midterm Reports

Midterm Reports are a part of the application process and many college applications, especially the Common Application, have a specific form that must accompany midterm grades and be completed by the counselor. Be sure to check the applications and please bring the Midterm Report form to Guidance as soon as possible. Please do not wait to get this form in.

Acceptances to colleges should be shared with the counselor.

We keep records of these decisions so we would appreciate students letting us know the admission decisions.

Financial Aid Information

January 1st is the first date that families can submit the FAFSA form. Although it can be done on a paper copy and mailed, the government and financial aid experts encourage families to submit the FAFSA on line. Over 90% of filers from last year submitted on line. If you have concerns regarding Financial Aid at this time, an appointment with college financial aid offices is a good way to learn about that particular college's financial aid opportunities. All colleges require the FAFSA form from families that are considering financial aid. To fill out the FAFSA on-line, use the government website www.FAFSA.gov.org. Again the FAFSA can not be submitted before January 1, 2007.

Some private colleges will require the CSS PROFILE. The PROFILE is only for private colleges and only certain schools use this form. It can only be submitted electronically and can be accessed through the College Board website at www.collegeboard.com. The PROFILE can be submitted at any time. Colleges have very strict deadlines for Financial Aid applications so it is important to adhere to the deadlines.

Another great source of information is the NH Higher Education Assistance Foundation (NHHEAF) in Concord. NHHEAF can be reached by e-mail www.nhheaf.org or calling 1-800-525-2577. Financial Aid materials are available in both Guidance and the library at HBHS. Please check the Guidance website for more scholarship and Financial Aid information.

Don't self-select yourself out of the Financial Aid process. You never know unless you apply!!

~Remember to mark your calendar for December 13th's Financial Aid Night~

NCAA

Senior Athletes interested in participating on athletic teams in college must register with the NCAA. This may be done online at www.ncaaclearinghouse.net. The NCAA Clearinghouse will require that transcript be sent through the mail. Guidance is happy to send the transcript to the Clearinghouse if you provide us with the NCAA forms (downloaded from the website) that need to accompany the transcripts. One form must be sent when you submit your initial eligibility form and another must accompany your final transcript when you graduate. If these forms are not submitted to NCAA it will delay the athlete's ability to compete at the collegiate level so it is important to get these to Guidance as soon as possible.

Reminder

Although every senior received a letter from their counselor at the beginning of September regarding graduation requirements, it is important that any senior who is either missing credit or in need of adding a course required for graduation sees their counselor immediately. Seniors will be receiving another letter after midterms alerting them to what they may need to graduate. *If you are*

missing a graduation requirement or you are in danger of failing a required course it is vitally important for you to see your counselor immediately. Remember all seniors must carry 6 courses each semester.

Junior News

Counselors will be meeting with groups of juniors to discuss their PSAT test results starting the week of January 8th. Counselors will be sending out notices with a time and date for juniors to meet with their counselor. Counselors will go over the score report in detail so students will get the most out of this practice test and know how to prepare for the upcoming SAT. We thank you for your patience with this activity as we feel it is very important for students to understand the PSAT results so they will know what to expect when they take the SAT. Keep in mind that these scores are confidential and that colleges do not see them.

The ASVAB test will be offered on December 12, 2006

Students can sign-up in Guidance starting November 20th. Students need parental permission to take the test and will receive this form upon sign-up. Students can not sit for the exam unless the parental permission is signed and returned. The results typically take about a month and students will be notified when the results are in.

Parents who do not want any of their child's information sent to the military need to be sure to have on file in the Guidance office the Military Opt Out letter that can be found on our Web Site under Student Life.

Junior College Information Night

On February 22nd from 7pm – 8:30pm the Guidance Department will host an information night for juniors and their parents. This evening is designed to help families start the admission process. More information will be on the website and in the January Newsletter. Students are encouraged to attend this event with their parents.

SAT Information

SAT Reasoning Tests and SAT Subject Tests: Registration for upcoming tests is ongoing through the College Board website. If students are having trouble accessing their account through the College Board please stop by Guidance to pick up a paper copy of the registration information. Deadlines are approaching quickly so be sure to attend to them.

Registration for tests on: January 27th – deadline December 20th

March 10th – deadline February 2nd (No Subject Tests are administered in March)

May 5th - deadline March 29th

June 2nd – deadline April 27th

SAT's are not administered at HBHS but are available at Milford Nashua, Souhegan and other local schools. Specific locations are online or in the registration booklet in Guidance.

It is important to plan testing around busy sports and activity schedules in the spring. Check with coaches and club advisors as to what weekend dates games, meets and activities may be scheduled.

Colleges like to see a junior SAT and a senior SAT score and will take the highest scores of each section. Students should plan to take the SAT's at least twice during the college admission process.

SAT Prep courses are offered here at Hollis Brookline High School and at other agencies. Please see your counselor if you are interested in knowing what courses are available. The Hollis Brookline course sign up will be the first week in February, listen for the announcement and check the website.

Destination College

The New Hampshire Higher Education Assistance Foundation (NHHEAF) is sponsoring its annual statewide college convention for high school juniors and their parents. This free event will be held at Plymouth State University on Saturday March 17th from 8am to 2:30 pm. Pre-registration is required and can be done online at www.destinationcollege.org. Reservations must be received by March 9th. This is a great program that offers a variety of workshops for students and parents, motivational speakers, mini college fair and an opportunity to enter a scholarship raffle.

Sophomore News

As with the junior PSAT takers counselors will be meeting with any sophomore student who participated in the fall testing. Sophomores who took the PSAT tests should come to Guidance starting the week of January 9th to sign up for a time to meet with their counselor.

Counselors will be meeting with 9th and 10th grade students during the winter to discuss their academic and plans.

Freshman News

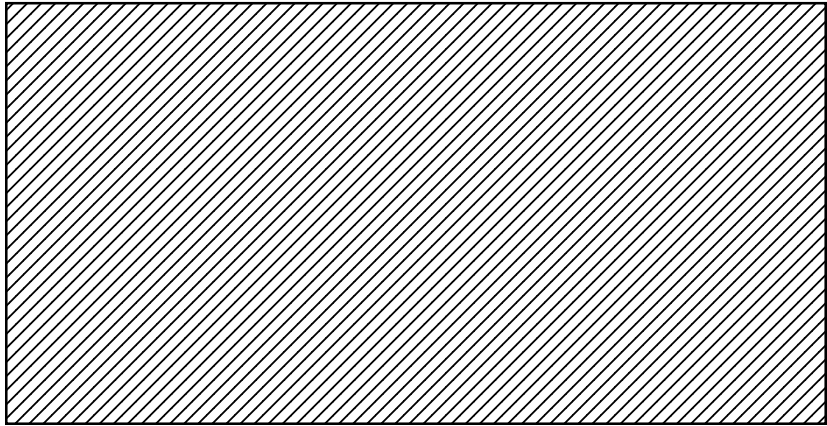
As with the 10th grade students counselors will be going over the academic requirements for graduation as we start to head into the registration season (early March). The meetings are designed to help students plan what they want and need to do to graduate and get the most out of their high school education.



Hollis Brookline High School
24 Cavalier Court
Hollis, NH 03049

NOVEMBER 2006

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Visit the PTSA at
www.hbhs.k12.nh.us/ptsa
where you'll find the list of officers & committees, back issues of newsletters, PTSA meeting minutes and more!



Congratulations to our Athletes for a wonderful Fall season! We had a successful Sports Awards night. I couldn't help but notice many parents complementing Mr. Rupp for his hard work in making the evening run smoothly and quickly. I concur along with many thanks to Mr. Filer, Mr. Ogden and the AV volunteers, along with a special Dad who pulled through in a pinch with a lap top to help facilitate our slide show, the high light of the night! We would also like to thank Kathy and Stephen Luce for providing the fall foliage for our awards night. Just as a reminder your photos can be included in the slide show if you can put them on a CD and leave them at the Athletic office throughout the season. One last note and reminder parents of athletes we need your voice and opinions. Plan to come and sit in on our meeting. The next meeting will be December 13th at 7:00 p.m. in the principals conference room. Our next fundraiser will be a winter dance at Alpine Grove, date to be announced. Thanks for reading and have a great day!

Joyce O'Connor
President H/B Athletic Booster Club